

## **The Armory Frosh - Novice Meet**

**Wednesday January 14, 2026 5:00 pm**

### **ORDER OF EVENTS**

Girls race first followed by the boys race - frosh then novice

#### On the track:

**5:00pm** start:

1600 meter run

400 meter dash

4X800 meter relay

200 meter dash - final on time

800 meter run

4X400 meter relay

#### In the infield:

**5:00pm** start:

55 hurdles trials, semis and finals

55 dash trials, semis and finals

#### Field events:

Shot Put - 2 circles -(3 throws - no finals) boys start at 5:15. Girls start after Sprints & Hurdles.  
If entries are excessive a minimum measurement standard will be established.

Long Jump - (3 jumps - no finals) girls then boys

Triple Jump - (3 jumps - no finals) boys then girls

High Jump - will begin at the conclusion of the dash finals. 2 pits - boys and girls at the same time

Pole Vault - - girls then boys - opening heights: f-boys-8', n-boys-9'  
(girls first this year) f-girls-6', n-girls-7'

Meet directors reserve the right to increase opening heights if entries warrant.